



Stuffed Butternut Squash with Quinoa Cranberries and Kale and Chickpeas

Delicious, healthy Stuffed Butternut or Acorn Squash with Quinoa, Cranberries, Kale, and Chickpeas. An easy, satisfying vegetarian recipe that's perfect for fall! YIELD: Serves 4 COOK TIME: 1 hr

Ingredients:

2 medium butternut or acorn squash, about 2 1/2 pounds each
2 teaspoons olive oil, divided
3/4 cup quinoa
1 1/2 cups vegetable broth (chicken broth optional)
1 bunch kale, stems removed and chopped (about 6 lightly packed cups)
2 cloves garlic, minced
1 teaspoon dried oregano
1/2 teaspoon Redmond Real Salt or Himalayan Salt (plus additional for roasting squash)
1/2 teaspoon black pepper (plus additional for roasting squash)
1 (15 ounce) can chickpeas, rinsed and drained
Zest of 1 orange, plus 1 tablespoon fresh orange juice
1/3 cup no sugar added cranberries



Place a rack in the center of your oven and preheat the oven to 425 degrees F. Halve the butternut squash, scoop out the seeds, then arrange the halves on a baking tray, cut sides up. Drizzle with 1 teaspoon olive oil and sprinkle lightly with salt and pepper. Bake 45-55 minutes, just until the squash is fork tender. Remove from the oven and let cool. Reduce the oven temperature to 375 degrees.

While the squash is baking, place the broth in a small saucepan and bring to a boil. Add the quinoa, return to a boil, then reduce the heat, cover, and let simmer for 12 minutes, until most of the broth is absorbed. Remove from the heat and let sit, covered, for 15 minutes. Fluff with a fork, then set aside.

In a large skillet, heat the remaining 1 teaspoon olive oil over medium. Add the kale and cook until wilted, about 4 minutes, then reduce the heat to medium low. Add the garlic, oregano, 1/2 teaspoon salt, and 1/2 teaspoon black pepper. Cook 30 additional seconds, until is fragrant. Stir in the chickpeas, orange zest, orange juice, cooked quinoa, and cranberries.

Once the squash is cool enough to handle, scoop out the flesh, leaving a 1/2-inch-thick border around the sides and a 3/4-inch border along the bottom. Reserve the flesh for another use (or if you don't mind a super duper stuffed squash, mix it in with the rest of the filling). Stuff the kale quinoa filling into the squash halves, then return the squash to the oven. Bake at 375 degrees until hot, about 10 additional minutes. Sprinkle with cheese and serve warm. NUTRITION FACTS
Serving Size: 1 stuffed half (without cheese) Amount Per Serving: Calories: 387 Total Fat: 5g Saturated Fat: 0g Cholesterol: 0mg Sodium: 265mg Carbohydrates: 79g Fiber: 17g Sugar: 11g Protein: 13g Recipe adapted from "Well plated"